

CONSTRUCTION LIKE SUSHI

The ultimate system and reference guide on managing any size construction or improvement project while building your favorite sushi.



By
W. Gary Westernoff
Taemi Westernoff

CONSTRUCTION LIKE SUSHI

A fun, handy workbook, reference and study guide for easily undertaking and organizing building construction or improvement projects including a section on almost everything you wanted to know about sushi

By

W. GARY WESTERNOFF
TAEMI WESTERNOFF



Contents

FORWARD	5
CONSTRUCTION	6
Planning and Resources	9
PLANNING (1.1).....	9
HIRING PROFESSIONALS (1.2).....	18
Costing and Contracting	27
RFP (Request for Proposal) (2.1).....	27
PROCEDURAL MEMORANDUM (2.2)	34
PROPOSAL/AGREEMENT (2.3).....	41
TERMS AND CONDITIONS (2.3a).....	47
RFP and PROPOSAL/AGREEMENT Continuation Page (2.4)	47
COMPARING BIDS (2.5).....	50
Work Performance	53
AGENDA (3.1)	54
WORK REPORT (3.2).....	57
WORK REPORT Continuation Page (3.3).....	57
Making Payments	61
PAYMENTS AND LIENS	61
PROGRESS PAYMENTS	62
FINAL PAYMENT	62
Glossary	69
SUSHI	90
Brief History of Sushi	91
Planning Sushi	92
Most Common Sushi Ingredients	93
Utensils for Making Sushi.....	95
Preparation	99
Rice	99
Making Sushi Rice.....	102
Chirashi Zushi	103
Nigiri Zushi	104
Maki Zushi	106
Inari Zushi	111
Oshi Zushi	113
Plating	116
Chop Sticks Manners	116
Bibliography	117

SUSHI



Sushi is a favorite food throughout the world. This section of the book covers almost everything you want to know about sushi and sushi making. It includes the origins of sushi and presents simple, easy, and healthy ways of preparing sushi.

Most importantly, this section is not intended for the reader to learn professional sushi making because sushi chefs undergo extensive training and learning to develop their special professional culinary skills. The methods, techniques and recipes covered in this section have been learned, refined and simplified by Taemi Westernoff. She has extensive experience in Japanese cooking and hopes to share this knowledge with others.

This Sushi section includes four parts:

- Planning Sushi
- Preparation
- Plating
- Chop Sticks Manners